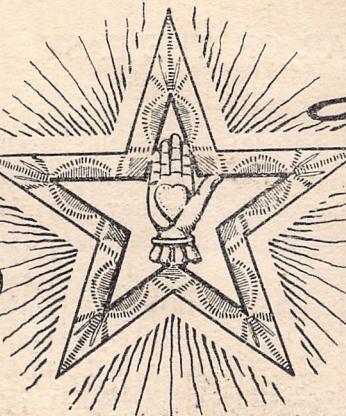


# STAR OF THE EAST



*A New Thought Journal issued monthly for the help of self and others by the practice of systematical concentration of mind; in Unity with the Universal Soul*

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## The Power and Effect of Concentration of Mind During 1907

Since concentration of mind is the foundation of all development, and the only way by which we can reach higher states of knowledge, it is of vast importance that we understand to take advantage of its study as soon as possible as the race have begun to understand that there is no salvation by any one but ourselves, and that our salvation must be by the fulfillment of the law back of all things.

Was it not for the truth that we live after the atoms of which our substantial bodies are composed are dissolved, it would not matter about higher unfoldment as it could not then help us any and it would be useless to work for knowledge, but since it is (not only true but a law) that all things continue to strive for higher positions in the protoplasm we must at some time demonstrate this truth.

We can pray, sing, give alms, and say long rites, in order to have favor with God, but it will not help us as the mandate is "follow thou me," and this means to live practically the life which demonstrates strength, individuality, wisdom, love and poise not only in the church but at all times and under all circumstances.

Concentration is the expression of the lower mind and the more it is practiced the higher becomes the training of the senses and it is this way only that we can gain the power we need.

The present year will prove to be one of the most disastrous we have as yet known in every way both on water and land and also to individual safety, and the more confusion there is in the mind the greater will be the struggle, as in such condition we attract more confusion than otherwise. The countermanding power will rest within ourselves and the more poise we have the stronger will be the safeguard about us.

Concentration of mind can alone give the

calmness which is needed in all confusions. Owing to the great bearing which the so-called "Mysterious Planets" have upon the earth at the present time there will be all kinds of disturbances in earth such as earthquakes, typhoons, tidal waves, etc., and this will be the cause of sending forth the elemental forces which will influence the mind of the race so that all kinds of awful deeds will be committed as a result.

Since such influence is the mind in its lower activity it can only be overcome by mind in its higher power.

The reason why it is so hard for the race to understand the power of mind is because it does not know that the outer body is but an elemental combination of atoms which will be dissolved at the time when the mind ceases to use it, and also that the invisible counterpart of the body known as its "etheric double" composed of the subtle invisible ethers of the Physical plane, and this latter is the companion of the dense physical body, of which it is the exact duplicate, and like the coarser body it is born and dissolves at the time of death, and it is in this latter body that the power of mind is most active, giving understanding to the outer dense physical senses. Mankind have been led to believe that higher things can be realized through and in the outer senses. It is not so. The power of mind in its activity is expressed in the invisible body and impressed upon the physical senses as they must become trained to take part in the work done by the soul, and thus the outer body becomes renewed.

The more we try to train the outer senses to deal with higher things the greater will be the power demonstrated to them, and it is by this that we can overcome and rule things which are unconscious of this power.

Let it be understood that because of the finer power of the strongest planets coming closer in contact with our earth it is the cause of all confusion in which we live, and this cannot be counteracted by anything but strength, and there is no strength in anything else but the power and regulation of thought.

The character in man is not in the outer part of his body (the elemental) but it is expressed through it only, and by training the thought to hold the power which develops character (the soul's self) we will find all kinds of demonstration

KINDLY READ THEN  
HAND TO A FRIEND.

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of our finer selves which we have not seen before.

At no time have there been more need for the understanding of mind over matter than this year, and it will be seen that unless we can hold the higher and stronger we cannot overcome but we will be overpowered by the invisibles of which the air will be filled more the more stir there is in the earth.

It will be dangerous to have hateful thoughts toward our fellowman this year as we will attract more and terrible power of the lower regions than we have ever done before and we will see that we hurt ourselves more than we hurt those of whom we think. Let us hold the angel of love by us as close as possible so that this power can be expressed through us. We must learn to suggest higher instead of the lower at all times, and the more we learn the benefit of such suggestions the more we will hold them both for self and others.

Do not forget that we must learn to use our thoughts in the right time and place when we are in need of help and we must always hold higher thoughts than that with which we are troubled and the higher will countermand the lower. Concentration of mind will make peace where there is turmoil.

Concentration of mind has been the means by which the teachers of old have developed their power and it has been the method by which they have made the lower matter obey them when they have placed their willpower to bear upon it. Concentration of mind builds character. It trains the lower nature to express gentleness instead of brutality; love instead of hatred; wisdom instead of folly; health instead of pain. If it is directed upon the Divine life, truth, wisdom, mental and physical strength, it will have a wonderful effect upon everything with which we come in contact. Concentration is meant to try and hold a thought for a long time as more it is to be able to change the thoughts from sickness to health, hope and happiness we will very quickly feel better.

If we are lonely, instead of letting the thoughts remain on loneliness, change them upon the Universal co-operation for the unfoldment of every soul, knowing that souls are always together, the loneliness will very soon be gone.

We have begun a year during which confusion and destruction on land and water will predominate when the life of man will be in jeopardy and his property will be unsafe because of the tremble of earth and its upheavals. But concentration of mind upon the higher life will give it strength and presence of mind. It will remove fear, and instead of it, impart poise and individuality, and the whole secret is to change the thought from fear to safety and hold in mind that we are Divine souls and as such nothing can harm us. If we do this we will be forewarned of danger so that we might escape from the localities of danger to others of safety. Bear not hatred in your mind during this year as it will be doubly dangerous than otherwise because the confusion will be greater around you and you will sink lower and become prey for darkness more readily than if you hold high and loving thoughts as the vibrations

which the latter attract to you are stronger because they are finer and more spiritual. When you have turmoil around you change the thoughts to peace and hold for a few minutes with all the intensity in your being and the confusion will leave very quickly.

As we think, so we will become because as the thought is, so will the vibration be which we attract from it.

The more confusion there is around us the more we need to hold peace as that will countermand the lower.

The more lonely we feel the more we need to hold in our thoughts that the "Angels hosts which are placed to the service of those who shall inherit the kingdom of heaven" are around us and we are never alone, and these thoughts will countmand the loneliness which we recognize.

The poorer we feel we are, the more we should change the thoughts of poverty and hold the Universal supply and plenty and it will be more easy for us to receive what we need than if we hold in our mind "that we are so hard up for money" as the recognition of the mind of poverty will bring the weaker vibrations to us and we will have much harder to get along than we will have by holding plenty.

We shall see during this year that it will be clear to us that the power of mind upon the surrounding circumstances will be our salvation.

The elemental predominates this year and it will be more attracted to our outer elemental body, and the only way to protect ourselves will be by the individuality which we develop by holding higher and loving thoughts. Obsession is done both by the lower souls and the elements, and the only way we can overcome is to recognize ourselves as higher souls, and they will have no power over us.

In the very midst of *Inward* and outward storm and *tempest* we can have peace and be happy if we hold our minds in the right direction and apply its power at the right time.

Have you ever thought of that what yield to now we must conquer before we can rise out of this plane, and that the only conqueror is the power of the higher thought? And since this is the law it is well both for our present and future that we begin now.

Have you ever gone by yourself and thought over in quietude who you are as a soul? Have ever gone out and spoken to nature and realized that you speak to yourself when you admire its beauty, when you watch the flowers grow, the birds sing and the soft breezes as they sweep by you, touching your brow by their graceful pass by? Have you not seen the power there is hidden in it and how it can import itself into your being if you but open your soul to its power life and beauty? Such is to live by concentration of the higher mind and apply its power to the body and other things around it which is not in calmness and it will obey your soul when it tells it to "peace be still." If you live in this power during this year you will unfold wonderful power instead of being overpowered by the darkness and confusion which it has

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hidden within its path its fury will not affect those who live in their higher selves, but they will rise higher the more and greater the struggle become.

Live in your higher self and you will discover that the concentration of the mind upon its higher power have triumphed over all conditions in all ages, and those who have learned and practiced this truth have been glorified by its mastery.

### Announcement

#### To the Members of Our Chain and Readers of The Star.

BELOVED:

Since this year is a spiritual year, and therefore the power of the spiritual is coming very strong to us upon this earthplane and causing great turmoil because it is finer than this plane, we would advise all who desire higher development to begin to change their thoughts from the lower to the higher, and so become lifted out of the conditions which the lower matter places around them, and we will become ready for the practice of meditation. And we have received information that we will be directed to visit those who have cast their lot with us and help them to meditate practically as soon as they are ready for higher degrees.

We shall perhaps visit all our members and readers before we leave for other countries, and we wish all to begin to work as hard and practical as possible in order to be ready to take up higher work during the summer months this year.

Our milenium is very close at hand, and meditation will help us to live more in the higher selves than we have ever done before, and the gifts which we long to have developed can become brought out and used for the missions which are before us.

Let every one of us do our best to make ourselves used to have high and hopeful, loving and strong thoughts instead of looking at and recognizing the lower, weaker, coarser and deadly self of life. The recognition of the lower draws us downward and we become weaker and more unconscious by it but holding high and strong thoughts lifts us higher.

Practice the regular lesson in this paper which we give here as a special one by which to learn how to suggest the finer instead of the lower. We have higher work waiting for those who have begun the real study of life, and will come and deliver this message as soon as our companion students are ready in different places.

SISTER AVABAMIA (M. E. Stevenson)

### Special Lesson in Suggestion

Let it be understood that suggestions have the same effects as concentration has but as we are not conscious of our suggestions they do not become as strong as the thoughts that are consciously passing through our mind. Let us learn to suggest high

things and not low. Let us have hope and faith instead of looking at all things in and from a dark point of view. Do not suggest pain but strength; death but life; defeat but success. It will come to us.

Do not suggest enemies but friends, and we will have better times, success and more happiness.

Sit down and hold health and youth to the place of your body where you recognize pain and you will soon be stronger.

This lesson will be for the purpose of learning to suggest higher attainments. We first suggest what we wish to develop and afterwards we hold our minds upon it to bring it into activity.

Do not forget that the suggestions which belong to the physical will, will bring mental weakness to us, so we will try and practice in this lesson nothing but the higher attainments, which are to practice the higher powers of the soul here and now.

Do not suggest fear or danger but suggest protection, strength and the individuality of the soul.

This lesson should be practiced every morning before we have begun our daily work or come in contact with other and been confused.

Practice it during the day when you feel fear coming over you and change the thought from fear to safety and you will soon become so that you will not be responsive to the thoughts of the lower plane but you will hold the higher. The breathings which belong to this lesson is and should be very much modified and the heaving with the chest should be avoided. Let the chest fall and hold the breath (not with strain but with ease) and when you breathe draw slow and long breaths without heaving with the chest. Always practice this lesson before meals, and early in the morning, between 5 and 6, up to 7 o'clock for thirty days.

### Testimonials

For the encouragement of our readers who try to untold their higher powers we will publish a few testimonials which have been sent to us since we arrived in this place:

"Dear Sister: Let me say that your little paper is a wonderful help to me in my spiritual unfoldment and I would not willingly be without it." Mrs. C. E. R., Enunclaw, Wash.

"Dear Sister Editor: I must say that your little paper seems to feed my soul. It has been very beneficial to me because it helped me to unfold to the great light beyond which we can only see with our spiritual eyes. When I read my little paper it seems to me as though I was speaking and listening to my teacher. God bless the good work that has been done and is being done in every walk of life and may you receive more power

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to bring souls to light and joy."

Link No. 1228, Green Lake, Wash.

"Dear Sister: I wish to say that I take great interest in *The Star of the East* as I believe it is a great help to me and our chain, for I can concentrate better than I could before and I hope to be able soon to develop my spiritual sight and hearing, so as to be able to live and know the higher life." Link No. 343, Vancouver, B. C.

(Let us say to this Brother, keep on beloved brother, keep on, and you will soon have your desire in that line realized, because concentration trains the external senses to more respond to the soul.—Ed.)

"Dear Sister: I feel that I have derived great benefit from your instructions and I am anxious to live nearer to the teachings outlined by you and I ask that you may send me your good thoughts to practice them in my daily life"

Link No. 307, Bellingham.

(Beloved Sister, let us say to you that we take all those with us in meditation who wish to be with us.—Editor)

### Question Box

Q Why has God allowed evil to be born in man when He knew that such would make him degraded?—STUDENT.

A God has not dictated "evil" as that is more a belief in man than reality because all things are good if we look at them in that light, and what we call evil shall express the same good in the future which we recognize as good today. "Evil" is but inactive good which need more action and time to express its true self. Let us not estimate things as evil because they cannot express their good as we see it, because all things have sprung from the same Divine source and is as good while they cannot express it as they are when they can do so.

Q If the power of the soul is as great as we read of, why is it that it must be born in an infant and lay dormant in it until its brain has developed for its expression? Is there no other and more direct way for the soul to express its power?—PAUL.

A The soul is not born with, and in the body of an infant, as such would delay its work. The soul hovers over the infant body to which it is attracted, but does not use it until its faculties have had enough development. The soul does not at any time live in the physical body but expresses its power through the (etheric double) astral body to the physical (Elemental body) as it is too coarse to be used by the soul directly, but it receives the influence from the astral, respond to it and act in accordance with its dictations.

Q How long does the soul linger around the body after the parting from it?—SISTER M. E.

A It is hard to say how long the soul lingers by the body, as it depends upon its unfoldment while it uses the body. With high unfold-

ment it leaves it right away. In the contrary it does not.

Q Is there any way we can help souls out of darkness?—M. C.

A Yes, Sister, by sending high and strong thoughts to them, telling them that they are Divine life, Divine love, etc.

Q Have the planets soul or are they material only?—B.

A Everything has a soul or, in other words, soulpower as that is the power back of all motion without which the Universe would be at a standstill.

Q How can we come in contact with the higher planets when we are many thousands of miles away?—B.

A Brother, you live in the senses by recognizing distance. To the mind and soul there is no distance. The thought can come in contact with that which is farthest away from the physical by recognizing it.

Q If we can lay off our body will our soul become more free?—SISTER JANE, Victoria, B. C.

A It will depend upon the development of the soul while it is in the body whether it will be free after it leaves it.

Q What is the difference between white and black magic?—DOCTOR M.

A White magic is performed by high loving and brotherly thoughts, and black magic is just the reverse.

Q How can we live to see the Millennium?  
—SEEKER.

A By living a pure and chaste life, rebuilding our bodies and express the power of the soul in our daily life.

Q (2) By same party: "Is it true that we enter into the millennial period in 1912?

A Brother, without setting time, it is very near.

We will earnestly ask those whose subscription has expired to renew it and receive as premium a beautiful altar picture, 12x16, made specially as a help for concentration. This picture itself is worth a year's subscription, but this year of confusion everybody will need the help which our journal is sure to give.

For our books and ointment write to J. S. Warner, P. O. Box 1340, Seattle, Wash.

We invite small communications and questions from all our readers and we will publish them as fully as space permits. It will be of great benefit to all to communicate one with the other in this way. It will give encouragement and a feeling that we are not alone but belong to the great family of souls although the bodies be in different places.

We will be glad to publish testimonials which we receive from time to time as they serve to give hope and strength to others who are striving to gain the point which their soul is seeking. Give us a word from you and you are helping others as well as yourself by it.

Editor Lectures Sundays at 11 AM  
4:30 P.M. in Hall No 2 Mulkey Bldg  
N-E, Cor. 2nd and Morrison Free.